

# *The Journey: the spirit's view on the subject of healing*

*Arvick Baghramian*



In my last article I covered the difference between healing and curing from a shamanic perspective. The journey that follows was done by a student of mine who has a specific interest in the area of healing and we are going to hear the spirits view on the subject.

The teacher in this journey is a lizard.

The lizard starts to run all over my body and tells me to lie down. She is going through my hair, walking on my eyes and putting her tongue into my nostrils and on my lips. Now she continues with the body, she is on my hands and belly, going down to the legs and licking each toe.

'Is there a message in this action?'

'I went over all of the places in your body in order for you to understand that every place is important, and healing is the ability to create equilibrium between all of them,' she answers.

The lizard starts running and asks me to run after her. She is running very fast and doesn't seem to be getting tired. I am running after her, running with big strides. She is moving lightly and with agility, not losing any energy. We are running in a desert and it is raining. Now the rain becomes strong, the sky is black. I feel tired. I am wondering when we will stop. Gradually, my strength is waning. Now I don't have any energy and I am standing; I allow myself to fall on the ground. I am totally wet and gradually a swamp is being formed around me. I feel that the ground beneath me is starting to get very muddy and I don't know what to do. I am afraid of sinking and afraid to continue by myself. I see her now coming closer, and she offers me a paw.

'Disease is loss of energy. It's like a black hole that sucks us like that mud was starting to suck you in. Your ability to keep energy inside yourself is what makes you healthy. The mud is related to the disease. The mud represents things that are mixed together in a wrong way.'

We start walking and reach a jungle. We are walking in the jungle and reach a place with many frogs. The frogs are green with red spots. They are jumping in the mud and from the mud to the plants around them, and back. The lizard tells me, 'These frogs have venom in the red spots. Just as the venom can kill, you could also create the antidote out of it. So the venom contains within it both aspects – that of the disease and that of the healing. That which exists in nature also exists in life, in the soul of human beings. All disease contains within it the essence which brings the healing. It is difficult for you to discover that. You are so afraid of the disease that you can't see the part of the disease that is meant to heal you. You are blind to it.'

We continue walking and reach a clearing in the forest. I see people fighting with snakes, with something that looks like a snake, but it's not really; it is some kind of a squirming monster. The lizard tells me to observe it. I am looking at them. At first it is a bit scary and not pleasant to see, but gradually this sight is becoming more and more pleasant and comfortable. I realise that they are not really fighting, but that they are merging and twining inside one another. The monster is crawling and squirming and the man is squirming with it, and at one point they are rolling on the ground. Now everybody is lying on the ground and stops moving.

'In the process of healing, instead of fighting, you need to accept. You think that to be healed is to fight the disease, but really, to be healed means to soak the disease into you in a way that would cause it to stop existing. Disease is a result of either excess or lack, and healing lies in the balancing of them; in the balancing of the excess and the lack. If you fight the disease and don't accept it, if you don't understand it and what it is trying to tell you, then you cannot be healed.'

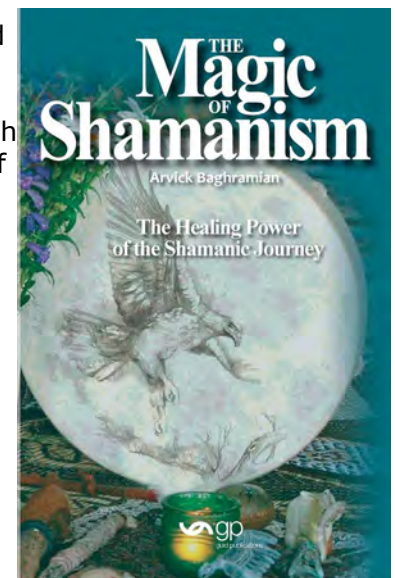
## Author's Bio

Arvick Baghramian, currently living in Spain, received her degree in Applied Social Studies and Social Work from the University of Bradford in England. She specialized in the field of child sexual abuse and has worked with traumatized children and adults for the past twenty years, lecturing extensively on the subject and training professionals around the world. Her work with abused children compelled her to explore different therapeutic techniques, leading her to become a Play Therapist, NLP Practitioner and Eriksonian Hypnotist, and ultimately led her to Reiki, Conscious Breathing, Shamanism and the Personal Totem Pole process, all of which she has been teaching since the mid-1980's.

Arvick leads workshops in the UK, USA, Israel, Spain, Poland, New Zealand and the Scandinavian countries. Her commitment in directing people to achieve their full potential and to discover their true inner selves is an inspiration and her unique way of teaching as well as her personal approach and sincerity make her courses and trainings an unforgettable beginning of a new path in life.

Arvick's book *The Magic of Shamanism* (Guid Publications ISBN: 978-99957-32-15-8) is available in your local Waterstones bookshop or on Amazon. <http://myBook.to/themagicofshamanism>

Guid Publicaciones ([www.guid-publicaciones.com](http://www.guid-publicaciones.com)) have a website for their books published in the English language and you can read more about Arvick's work at [www.guid-publicaciones.com/arvick-baghramian/](http://www.guid-publicaciones.com/arvick-baghramian/)



*Indie Shaman is happy to work in partnership with Guid Publications bringing columnist, Arvick Baghramian, who in this series of short articles (with associated videos) discusses her work and insights as a shamanic counsellor.*

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